

September 2024



ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NOTED

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11:30-1 Rummikub 1-3 Pinochle 1-3 Dominoes</p>	<p>10-12 Chess Club 1-4 Various Poker/Card Games 2-3 Stretch & Strengthen (Room 118) 2-4 Puzzle Club 3-4 Open Billiards</p>	<p>8:45-9:15 Meditation (Room 215) 9-11 Woodcarvers (Room 211) 10:30-3 Euchre 12:30-3:30 Chain Gang</p>	<p>9:00-11:30 Mahjongg 9-11 55+ Beginner Pickle Ball (Gym) 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)</p>	<p>1-3 Canasta 1-4 Various Poker /Card Games 2-4 Puzzle Club 3-4:30pm Adult Table Tennis (Gym)</p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Happy Labor Day!</p> <p>Senior Center is closed today.</p>	<p>3</p> <p>9:30-10:30 \$ Fitness & Strength (Room 214)</p> <p>No Line Dancing today</p> <p>11-12 Come Watch The Price is Right in the Senior Lounge!</p> <p>1-4 Various Poker/Card Games (Senior Lounge)</p> <p>No Stretch & Strengthen today</p>	<p>4</p> <p>*No breakfast today*</p> <p>11:30-12:30 \$ Plant Based Cooking w/ Barb (Room 118)</p> <p>1-2 Empowered Caregiver Presentation w/ Alzheimer's Association (Room 118)</p>	<p>5</p> <p>9:30-10:30 \$ Fitness & Strength (Room 214)</p> <p>No Stretch & Strengthen today</p> <p>12-1 \$ Vinyasa Flow Yoga (Room 213)</p> <p>1-3 Bingo (Room 118)</p> <p>2:30-4 Dominoes (Senior Lounge)</p>	<p>6</p> <p>11-12 Meet & Greet with Monroe County Sheriff, Deputy Payne (Senior Lounge) '</p> <p>*SENIOR JAM SESSION MOVED TO THE 13TH*</p>
<p>9</p> <p>10:30-11:30 Musical Moments Singing Group (Room 118)</p> <p>11-12 Come Watch The Price is Right in the Senior Lounge!</p> <p>12-1 \$ Vinyasa Flow Yoga (Room 213)</p>	<p>10</p> <p>9:30-10:30 \$ Fitness & Strength (Room 214)</p> <p>9:30-10:15 OTAGO Balance Class (Room 210)</p> <p>10-12 \$ Line Dancing (Room 118)</p> <p>10:30-12 Beginner Zentangle (Room 211)</p> <p>1-2:30 Parkinson's Support Group (Room 212)</p> <p>3-4:30 Tech Tuesday w/Daniel Jones: Shopping Online (Room 211)</p>	<p>11</p> <p>9-11:30 Fall Hike: High Acres Preserve</p> <p>9:15-10 Monroe County Breakfast Program (Senior Lounge)</p> <p>1-2 Current FRAUD & SCAMS Discussion with Jenn (Room 118)</p>	<p>12</p> <p>8:45-9:45 Healthy Living w/Linda (Room 215) Eat Healthy on a Budget</p> <p>9:30-10:30 \$ Fitness & Strength (Room 214)</p> <p>9:30-10:15 OTAGO Balance Class (Room 210)</p> <p>12-1 \$ Vinyasa Flow Yoga (Room 213)</p> <p>1-3 Bingo (Room 118)</p> <p>2:30-4 Dominoes (Senior Lounge)</p>	<p>13</p> <p>11-12 Senior Jam Session in the Senior Lounge— Bring your instrument and join friends— no sign-up necessary</p>

Please call Jenn Kelley, Senior Programmer, at 585-889-6187 if you have questions about any Senior Activities. Additional details about programs & events can also be found online at: <http://www.townofchili.org/chili-community-center/>. Click on "Online Catalog & Registration."



ONGOING WEEKLY PROGRAMS— IN SENIOR LOUNGE UNLESS OTHERWISE NOTED

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
10-1 Art Time 11-12 Grab & Go Lunch (pick up) 11:30-1 Rummikub 1-3 Pinochle 1-3 Dominoes	10-12 Chess Club 1-4 Various Poker/Card Games 2-3 Stretch & Strengthen (Room 118) 2-4 Puzzle Club 3-4 Open Billiards	8:45-9:15 Meditation (Room 215) 9-11 Woodcarvers (Room 211) 10:30-3 Euchre 12:30-3:30 Chain Gang	9:00-11:30 Mahjongg 9-11 55+ Beginner Pickle Ball (Gym) 10-11 Stretch & Strength (Room 118) 11:30-12:30 Connection Café (Room 118) 1-3 Bingo (Room 118) 2:30-4 Dominoes (Senior Lounge)	1-3 Canasta 1-4 Various Poker/Card Games 2-4 Puzzle Club 3-4:30pm Adult Table Tennis (Gym)
Monday	Tuesday	Wednesday	Thursday	Friday
16 10:30-11:30 Musical Moments Singing Group (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-2:30 \$ Beaded Jewelry Making (Senior Lounge)	17 9:30-10:30 \$ Fitness & Strength (Room 214) 9:30-10:15 OTAGO Balance Class (Room 210) 10-12 \$ Line Dancing (Room 118) 10:30-12 Advanced Zentangle (Room 211) 3-3:30 AGAPE Advice (Room 118)	18 9:15-10 Monroe County Breakfast Program (Senior Lounge) 11:30-12:30 \$ Plant Based Cooking w/ Barb (Room 118) 1-2 Wellness Wednesday w/ Cornell Cooperative Extension (Room 118)	19 9:30-10:30 \$ Fitness & Strength (Room 214) NO OTAGO TODAY 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 BINGO (Room 118) 2:30-4 Dominoes (Senior Lounge)	20 10-12 \$ TEXAS HOLD EM TOURNAMENT (Room 118) 8-2 \$ Trip to Marilla Country Store/Breakfast (Meet in Senior Lounge)
23 10:30-11:30 Musical Moments Singing Group (Room 118) 10-1 Eldersource Representative: Call Jenn Kelley if you'd like an appointment 889-6187 10:45-1:30 \$ Mystery Lunch Trip (Meet in senior lounge) 12-1 \$ Vinyasa Flow Yoga (Room 213)	24 No Fitness & Strength today 9:30-10:15 OTAGO Balance Class (Room 210) 10-12 \$ Line Dancing (Room 118) 3-3:45 October Calendar Review (Room 118) 12:30-2 Tuesday Treasures— PLEASE NO CLOTHES (Senior Lounge)	25 9-11:30 Fall Hike: RS & E Trolley Trail 9:15-10 Monroe County Breakfast Program (Senior Lounge) 1-2 \$ Prize BINGO sponsored by Happier at Home (Room 213)	26 9:30-10:30 \$ Fitness & Strength (Room 214) 9:30-10:15 OTAGO Balance Class (Room 210) 12-1 \$ Vinyasa Flow Yoga (Room 213) 1-3 BINGO (Room 118) 2:30-4 Dominoes (Senior Lounge)	27 11-12 \$ Crafts with Deb Cody: Halloween Gnome (Senior Lounge)
30 10:30-11:00 Musical Moments Singing Group (Room 118) 12-1 \$ Lunch & Presentation w/ Westwood Commons (Room 118) 12-1 \$ Vinyasa Flow Yoga (Room 213)	October 1 9:30-10:30 \$ Fitness & Strength (Room 214) 9:30-10:15 OTAGO Balance Class (Room 210) 10-1 FLU SHOT CLINIC Make your appointment at the front desk. NO LINE DANCING TODAY	FLU SHOT CLINIC OCT 1 10AM-1PM ROOM 118 Please make an appointment at the front desk	OPEN ENROLLMENT HEALTH INSURANCE/MEDICARE COUNSELING W/ LIFESPAN REPRESENTATIVE PLEASE SEE JENN KELLEY TO MAKE AN APPOINTMENT IF YOU WOULD LIKE TO REVIEW YOUR HEALTH INSURANCE PLAN FOR THE UPCOMING YEAR	Oktoberfest Friday, October 11, 11:30-1:30 David Dunning will prepare his usual Oktoberfest feast! We will have music from Krazy Firemen, Inc. Cost is \$10 residents and \$12 non-residents

September Programs & Events

September Highlights...

Watch *The Price is Right* w/Friends in the Senior Lounge: September 3 & 9, from 11-12.

HEALTHY LIVING W/ LINDA: How to Eat Healthy on a Budget: September 12, 8:45-9:45

SENIOR JAM SESSION IN SENIOR LOUNGE: Friday, September 13, from 11-12. If you play an instrument, bring it to the Senior Lounge and jam with others for an hour!

MEET AND GREET W/ DEPUTY PAYNE OF MC SHERIFFS, September 6, 11-12 in Senior Lounge

THERE IS NO STRETCH & STRENGTHEN ON SEPT 3 OR 5

BEADED JEWELRY MAKING: MONDAY, September 16 from 1-2:30 in Senior Lounge

TRIP: MARILLA COUNTRY STORE/BREAKFAST, Friday, September 20, 8am-2pm

We will take a trip to the Marilla Country Store in Marilla, NY. This is a two level store with tons of crafts, food, art, etc. Before we go to the store, we will have breakfast across the street at "Farmer's Daughter Diner." **YOU ARE RESPONSIBLE FOR THE COST OF YOUR BREAKFAST AND THIS RESTAURANT ONLY TAKES CASH.** The cost of this trip is \$6/\$8 and you must ride with us.

MYSTERY LUNCH TRIP: Monday, September 23, from 10:45-1:30

Join us for a Mystery lunch trip. The cost is \$3 for transportation (you must ride with us) plus the cost of your own food. Please be in the senior lounge by 10:45 for check-in. We leave at 11:00am!

PRIZE BINGO, Sponsored by *Happier at Home*: Wednesday, September 25, from 1-2

Join us for a few rounds of BINGO with prizes and snacks provided by *Happier at Home*. WE WILL BE IN ROOM 213 (not the banquet room) for this event. Space is limited, so sign-up today. The cost of this event is \$2.

Lunch & Presentation with Westwood Commons: Monday, September 30, from 12-1

The staff from Westwood Commons, located in North Chili, will be in the banquet room to present on their options for assisted living for seniors in our area. They will provide lunch, as well. The menu is: half a turkey sandwich, baked lasagna soup, and strawberry shortcake. The cost is \$4 and the VERY LAST DAY TO SIGN-UP IS SEPTEMBER 23.

Wegman's FLU SHOT CLINIC: TUESDAY, OCTOBER 1, FROM 10AM-1PM IN ROOM 118

Wegmans will be back to administer flu shots for our seniors! Please stop at the front desk to make an appointment. You will also receive a form that needs to be filled out and returned to the front desk by September 30. See Jenn Kelley with any questions.

IMPORTANT DATES IN THE FUTURE...

- LIFESPAN REPRESENTATIVE ALLAN WALLACE, WILL BE BACK TO ASSIST WITH HEALTHCARE/MEDICARE CHANGES DURING THE OPEN ENROLLMENT PERIOD (OCT 15-DECEMBER 7). INFORMATION ABOUT SIGNING UP FOR APPOINTMENTS WILL BE AVAILABLE IN THE OCTOBER CALENDAR.
- OKTOBERFEST: FRIDAY, OCTOBER 11 FROM 11:30-1:30. DAVE DUNNING IS COOKING AND THE KRAZY FIREMEN BAND WILL PERFORM.

Monroe County Breakfast Program

We now offer a Monroe County breakfast every Wednesday. The breakfast will take place in the senior lounge from 9:15-10:00am. No take-outs please. A \$3.50 contribution is suggested, but not required. PLEASE SIGN-UP ONLINE OR AT THE FRONT DESK A WEEK IN ADVANCE FOR EVERY BREAKFAST YOU PLAN TO ATTEND. **Disclaimer:** No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. **Funding:** This program receives its funding through participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging.



September Programs & Events

Grab and Go- Lunch Club 60 Program (Mondays)

Monroe County Office for the Aging

The Lunch Club 60 Program is a congregate meal program for people aged 60 and older. It is administered by the Monroe County Office for the Aging. It was created in 1972 as part of the Older Americans Act, and is designed to help the older person enjoy better health through improved nutrition. The suggested meal cost for Lunch Club 60 is \$3.50 per person. Meal selections change monthly. If you are under the age of 60, lunch cost is \$7.50 per person. The Chili Senior Center offers lunches on Mondays and for more information please call 889-4680. *Disclaimer: No eligible person shall be denied benefits or subjected to discrimination under any program or activity receiving any Federal, State or County funding. This includes but is not limited to: race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran and/or military status, immigration status, creed, domestic violence victim status, criminal history, gender identity, genetic predisposition or carrier status. Funding: This program receives its funding through participants' contributions, U.S. Administration on Aging, N.Y. State Office for the Aging, N.Y. State Department of Health, and Monroe County Dept. of Human Services/Office for the Aging*

Connection Café: September Menu

Thursdays from 11:30-12:30 in Room 118. The cost is \$6/\$8 (unless otherwise specified) and registration is required. No sign-ups after the MONDAY before the Café lunch.

September 5 (\$5/\$7): Cheeseburger w/ Bag of Chips & Ice Cream Novelty

September 12: Baked Ziti w/Meat Sauce, Salad, Roll, Dessert

September 19: Chicken Enchiladas, Rice & Beans, Dessert

September 26: Turkey Meatloaf, Mashed Potatoes, Veg, Roll, Dessert

PLEASE SEE THE REVERSE OF THE CONNECTION CAFÉ MENU FOR THE WEDNESDAY BREAKFAST OPTIONS.

Sports & Games

- ◆ Billiards (Tuesdays, 3-4)
- ◆ Bingo (Thursdays, 1-3)
- ◆ Canasta (Fridays, 1-3)
- ◆ Chess Club (Tuesdays, 10-12)
- ◆ Dominoes (Mondays, 1-3)
- ◆ Euchre (Wednesdays, 10:30-3)
- ◆ Pinochle (Mondays, 1-3)
- ◆ Mahjongg (Thursdays, 9:00-11:30)
- ◆ Puzzle Club (Tuesdays/Fridays, 2-4)
- ◆ Rummikub (Mondays, 11:30-1)
- ◆ Various Poker/Card Games (Tuesdays, 1-4)
- ◆ Various Poker/Card Games (Friday, 1-4)
- ◆ 55 + Beginner Pickle Ball (Thursday, 9-11 in Gym)
- ◆ Adult/55+ Table Tennis (Fridays, 2:45-5:45)

*Tables in the Senior Lounge are open M-F for various card games. Bring a group of friends to play a game!



My Programs

Write down the programs you plan to attend!

Check here when you've registered

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Additional Programs for Adults can be found in our Online Catalog! There is plenty more to choose from and enjoy.